

ELLICOTT CITY 50+ CENTER

December 2021



9401 Frederick Road
Ellicott City, MD 21042

Main Building 410-313-1400

50+ Fitness Ctr 410-313-0727

Center Email

ellicottcity50@howardcounty
md.gov

Center Hours

Monday - Friday

8:30 am-4:30 pm

Fitness Center Hours

8:30 am-4 pm

50+ Hotline 410-313-5400

Newsletter On-line

[www.howardcountymd.gov
/ellicott-city-50-center](http://www.howardcountymd.gov/ellicott-city-50-center)

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Holiday Craft Boutique

Friday, December 3

10 am-2 pm

Don't miss this year's Holiday Craft Boutique which is sponsored by the Ellicott City 50+ Center Council. Now offered for the 8th time, the boutique will be available for four hours so be sure to arrive with plenty of time to shop. Explore unique, one-of-a-kind items from approximately 35 artisans. If you haven't started your holiday shopping, now is the perfect time! It's always a plus when you can shop local. Your \$1 admission donation includes a shopping tote and all proceeds benefit the local Small Miracles Cat & Dog Rescue.

Holiday Celebration

Friday, December 10

11 am

Suggested Lunch Donation: \$13

Ellicott City 50+ ranked high on the "Nice" list this year and in honor of these good efforts we expect to start our Holiday Celebration with a visit from jolly old St. Nicholas himself! After the visit, participants will enjoy an interactive Drumming Circle with the opportunity to participate in the joyous sounds of



drumming. The event will conclude with a delicious boxed lunch from Santoni's Market (see flier for details). A donation envelope will be provided prior to the meal and this donation helps ensure the viability of specialty themed lunches. The holiday event will be held in the main building Great Rooms with limited seating available for those first to sign-up.

GENERAL INFORMATION

50+ Center Staff

Cindy Saathoff, Director
csaathoff@howardcountymd.gov

410-313-1415

Vicki Stahly, Assistant Director
vstahly@howardcountymd.gov

410-313-1421

David Irwin, Fiscal Technician
dirwin@howardcountymd.gov

410-313-1422

Michelle Resig, Registrar
mresig@howardcountymd.gov

410-313-1400

Jake Krebs, Registrar
jkrebs@howardcountymd.gov

410-313-0727

Felicia Stein, Connections Director
fstein@howardcountymd.gov

410-313-1425

Joyce Nagel-Mortell, Connections Asst. Dir.
jnagel@howardcountymd.gov

410-313-1426

Jill Rose, Connections Assistant
jrose@howardcountymd.gov

410-313-1408

Jill Kamenetz, MAP Specialist
jkamenetz@howardcountymd.gov

410-313-6009

Ellicott City 50+ Center Council

President: Bill Reichert

Vice President: Sajda Ilyas

Secretary: Dorothy Biller

Treasurer: Joe Strassner

Members at Large:

Bill Amos Carla Buehler

Karen Gatzke Marilyn Hartsell

Caroline Jackins Helaine Jeffers

Pat Philip Gigi Rammling

Email: ellicottcity50pluscouncil@gmail.com

Upcoming Center Council meetings:

December 13 and January 10 at 1 pm.

Connections Social Day Program

The Connections Social Day Program is located within the Ellicott City 50+ Center. This supervised four-hour program promotes a balance of well-being, self-reliance, socialization and independence of adults who may require some assistance with daily activities. It features a variety of therapeutic programs and activities.

For more information on the program or to schedule a visit, call Felicia Stein, Connections Director at 410-313-1425.

ADJUSTED HOURS OR CENTER CLOSURES

Friday, December 24

CLOSED (Christmas Holiday Observed)

Friday, December 31

CLOSED (New Year's Day Observed)

Monday, January 17

CLOSED (Martin Luther King, Jr. Day)

GENERAL INFORMATION

Howard County 50+ Center Participation Guidelines

Anyone 50 years or older is welcome to join 50+ Center activities. In order to ensure a healthy and safe environment for all participants, there are a few simple guidelines to ensure that all members' rights and needs are respected.



To obtain a full list of guidelines, please request a copy at the front desk.

Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the Front Desk to assure that your membership is current. Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.

Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to Howard County Director of Finance. Online registration can be done via the ActiveNet website: <http://apm.activecommunities.com/howardcounty>. Account must be established prior to registering for class.

Transportation Options

Participants are responsible for their transportation to and from the Center. Possible transportation resources include:

Regional Transit Agency/RTA Ride. To use RTA mobility services, riders must be certified. For information call the RTA Customer Service Line at 1-800-270-9553.

Neighbor Ride: For price and information call 410-884-7433.

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

Inclement Weather Policy

In the event of inclement weather, the public is advised to call the Status Line at 410-313-7777 to find out if the 50+ Centers are operating normally, have a delayed opening, or are closed.

If Howard County Public Schools are operating on:

1-hour delay - Center will strive to open at 9:30 am.

2-hour delay - Center will strive to open at 10:30 am. All instructor led classes and programs scheduled to begin before 11 am are cancelled.

Newsletter by Email

Sign up at the Front Desk to be added to the Center Newsletter Constant Contact List or visit: <https://visitor.r20.constantcontact.com/d.jsp?llr=opffxxxab&p=oi&m=opffxxxab&sit=xfryxhvk&f=d7a29a20-1094-4352-b463-fa6fd5f5ce8c>

DECEMBER AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>KEY:</p> <p>Boldface= held in the 50+ Fitness Center</p> <p>All other programs held in the 50+ Center main building</p> <p>\$ = Preregistration and/or payment required</p>		<p>1</p> <p>8:30am Winter Registration Opens</p> <p>10am Genealogy</p> <p>10am Chess Club</p> <p>1pm Pinochle</p> <p>1pm Needlework</p> <p>2pm Paint Together</p>	<p>2</p> <p>9am Mah Jongg</p> <p>10am Paint Together</p> <p>8:30am-4:30pm MAP by appointment</p> <p>1pm Pinochle</p> <p>1pm Open Games</p>	<p>3</p> <p>10am-2pm Holiday Craft Boutique</p> <p>1pm Open Bridge</p> <p>2pm Table Tennis</p>
<p>6</p> <p>10am Men's Forum</p> <p>10:30am Cribbage</p> <p>12:30pm Nutrition Ed & Consultation</p> <p>1pm Open Bridge</p> <p>2pm Paint Together</p> <p>2pm Table Tennis</p>	<p>7</p> <p>9am Mah Jongg</p> <p>10am Paint Together</p> <p>11am Make Exercise a Habit</p> <p>11am Chalking Class \$</p> <p>1pm Pinochle</p> <p>1pm Open Games</p>	<p>8</p> <p>10am Chess Club</p> <p>1pm Pinochle</p> <p>1pm Needlework</p> <p>2pm Paint Together</p> <p>2pm Fresh Convo</p>	<p>9</p> <p>9am Mah Jongg</p> <p>10am Paint Together</p> <p>8:30am-4:30pm MAP by appointment</p> <p>11am Holiday Fire Safety</p> <p>1pm Pinochle</p> <p>1pm Open Games</p>	<p>10</p> <p>11am Holiday Party</p> <p>1pm Open Bridge</p> <p>2pm Table Tennis</p>
<p>13</p> <p>10am Men's Forum</p> <p>10:30am Cribbage</p> <p>1pm Open Bridge</p> <p>1pm Council Meeting</p> <p>2pm Paint Together</p> <p>2pm Table Tennis</p>	<p>14</p> <p>9am Mah Jongg</p> <p>10am Paint Together</p> <p>11am Pain Management Strategies</p> <p>1pm Pinochle</p> <p>1pm Open Games</p>	<p>15</p> <p>10am Chess Club</p> <p>1pm Pinochle</p> <p>1pm Needlework</p> <p>2pm Paint Together</p>	<p>16</p> <p>9am Mah Jongg</p> <p>10am Paint Together</p> <p>8:30am-4:30pm MAP by appointment</p> <p>12:30pm Holiday Music</p> <p>1pm Pinochle</p> <p>1pm Open Games</p>	<p>17</p> <p>11am Real Info on Real Estate</p> <p>1pm Travel Talks</p> <p>1pm Open Bridge</p> <p>2pm Table Tennis</p>
<p>20</p> <p>10am Men's Forum</p> <p>10:30am Cribbage</p> <p>1pm Open Bridge</p> <p>2pm Paint Together</p> <p>2pm Table Tennis</p>	<p>21</p> <p>9am Mah Jongg</p> <p>10am Paint Together</p> <p>10am Officer Kreitzer</p> <p>1pm Pinochle</p> <p>1pm Open Games</p>	<p>22</p> <p>10am Chess Club</p> <p>1pm Pinochle</p> <p>1pm Needlework</p> <p>2pm Paint Together</p>	<p>23</p> <p>9am Mah Jongg</p> <p>10am Paint Together</p> <p>8:30am-4:30pm MAP by appointment</p> <p>11am 10 Things to Discuss with Doctor</p> <p>1pm Pinochle</p> <p>1pm Open Games</p>	<p>24</p> <p>CENTER CLOSED</p> 
<p>27</p> <p>10am Men's Forum</p> <p>10:30am Cribbage</p> <p>1pm Open Bridge</p> <p>2pm Paint Together</p> <p>2pm Table Tennis</p>	<p>28</p> <p>9am Mah Jongg</p> <p>10am Paint Together</p> <p>1pm Pinochle</p> <p>1pm Open Games</p>	<p>29</p> <p>10am Chess Club</p> <p>1pm Pinochle</p> <p>1pm Needlework</p> <p>2pm Paint Together</p>	<p>30</p> <p>9am Mah Jongg</p> <p>10am Paint Together</p> <p>8:30am-4:30pm MAP by appointment</p> <p>1pm Pinochle</p> <p>1pm Open Games</p>	<p>31</p> <p>CENTER CLOSED</p> 

ON-GOING PROGRAMS

Painting Together

Monday or Wednesday 1-4 pm

Tuesday or Thursday 9 am-12 pm



Designed for the artist looking to paint socially with other artists. No supplies provided. Check with the day's

facilitator for space availability.

Cribbage Club

Monday at 10:30 am

Join the fun where the objective is to get the value of the cards to reach exactly 15 or 31. This card game is designed for two to four players. Come play or learn this game.

Seniors Together, Men's Forum

Monday

10 am-12 pm

Join this group of gentlemen who meet weekly to engage in lively conversation about current events and other noteworthy issues.

Table Tennis

Monday - Recreational

Friday - Competitive

2-4 pm

Table tennis enthusiasts are welcome to drop-in for doubles play. Please adhere to the level of play based upon the day listed above. Improve hand-eye coordination as well as posture. Two tables provided; BYO paddles and table tennis balls.

Open Bridge

Monday and Friday

1-4 pm

Open Bridge is available twice a week for those who enjoy playing in a casual environment. No instruction is provided.

Medicare Counseling (SHIP)

Tuesday by Appointment

Meet with a trained counselor for help with your Medicare questions. This free service is available to Medicare beneficiaries of any age and their families/caregivers. To schedule an appointment, call 410-313-7392.

Mah Jongg

Tuesday and Thursday

9 am-12 pm

Enjoy a morning of friendly competition in this game played with a set of 144 tiles. Tiles are based on Chinese characters and symbols and winning requires skill, strategy and calculation. Instruction not provided.

Open Games

Tuesday and Thursday

1-4 pm

Enjoy an afternoon of open game play. Room reserved for those willing to share the space with others playing different games such as Canasta, Hand and Foot or Pitch. No supplies or instruction provided.

ON-GOING PROGRAMS

Pinochle

Tuesday thru Thursday

1-4 pm

Join the group as they engage in this trick taking card game. Do your best to form combinations of cards into melds and make new friends!

Play Chess

Wednesday

10 am

Like to play or looking to learn? Join instructor and chess enthusiast, Gene Crawford, as he provides basic fundamentals on this strategic game. A great time to drop by and play with fellow chess players or to brush up on your skills.

Needlework Club

Wednesday

1-3 pm

Knitters, crocheters, fabric crafters and others come together to share their talents. Come by and join this fun and ageless group who happily share fellowship and conversation. No formal instruction provided.

Maryland Access Point (MAP)

Thursday 8:30 am-4:30 pm by Appointment

MAP Specialist, Jill Kamenetz will be at the Center every Wednesday. She is a great resource for information about services offered through the Office on Aging and Independence, referrals and assessments. Call her at 410-313-6009 to make an appointment.

Book Club

December Meeting

The group will meet on site for their annual holiday luncheon, by invitation.

Monday, January 24
at 1 pm

The group will discuss
**"Caste: The Origins of
our Discontents"** by
Isabel Wilkerson.



Nutrition Education & Counseling

First Monday of the month at 12:30 pm

December 6 and January 3

(A02420)

Join Carmen Roberts, Registered Dietician, LDN on the first Monday of each month as she presents the latest nutritional information. Following each presentation, there are 2 thirty minute appointments for individual nutrition counseling. Sign up at the Front Desk or on-line in ActiveNet.

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request an accommodation to participate in a program/event, contact the Center at 410-313-0380 at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

EVENTS & PROGRAMS

Genealogy

Wednesday, December 1 at 10 am

Recording Names in Your Family Tree

When recording your genealogical data, there are a few conventions to follow concerning names. We will explore those conventions and why you should use them.

Wednesday, January 5 at 10 am

Basics

Have you wanted to get into genealogy but haven't found out how and where to start? Now is your chance! No matter what your level of experience, your ancestry searches will benefit from this review of the basics. Walk through the fundamentals, research techniques and resources available. The session is intended to help those who have never done research and will enhance the knowledge of seasoned researchers.

Make Exercise a Habit

Tuesday, December 7

11 am

Join Malarie Burgess, Exercise Specialist for the HoCo Office on Aging and Independence, as she uncovers some common fitness myths that may be holding you back from attaining your wellness goals. Learn to set realistic exercise expectations to help you succeed and find ways to overcome barriers. Be ready for that New Year, New You resolution! Presentation held in the 50+ Fitness Center classroom.

Fresh Conversations

FOODS for THOUGHT

Wednesday, December 8 at 2 pm

Are Healthy Bones Important?

Join Karen Basinger, MS, CFCS, LDN, University of Maryland Extension, Family Consumer Sciences as she explores why older adults need specific foods for a Healthy Diet as we age. Stop by the center to learn important information for your nutrition and how to better age while maintaining a healthier, stronger body.

Holiday Fire Safety

Thursday, December 9

11 am

Enjoy the beauty of the season without putting yourself or your loved ones in harms way. Learn fire safety tips and tricks for the holidays that will keep you and your loved ones safe. Howard County's Department of Fire & Rescue Public Education Specialist Tim Sinz, FF/EMT will present the program and answer any questions.



Join us online! Speakers, Classes, Entertainment, and 100+ Exhibitors

MARK YOUR CALENDAR

RUNS NOVEMBER 1, 2021, THROUGH JANUARY 21, 2022

— www.thebeaconnewspapers.com for details —



To assure adequate seating, please sign up at the Front Desk for all programs & events.

EVENTS & PROGRAMS

Pain Management Strategies

Tuesday, December 14

11 am

Are you one of the tens of millions of seniors living with chronic pain? Are you looking for ways to minimize your pain in order to improve your quality of life, but don't know where to start or what to do? Join Lydia Nemirovsky, MS, OTR/L, President Specialty Pain Management Services, for an informal general education and information session on chronic pain management.

Holiday Music with DJ Dave

Thursday, December 16

12:30 pm

Nothing lifts your spirits and gets you in the holiday mood more than sharing great holiday music with friends. DJ Dave will be ready to spin some of your favorite holiday tunes to get you singing along. Feel free to bring a bagged lunch and make an afternoon of it. Sign up at the front desk.

Real Info on Real Estate: Home Renovations

Friday, December 17

11am

Stop in and learn about the home renovations that turn the best profit when selling your house. Everyone wants the biggest bang for their buck so learn what makes the most financial sense when investing in your current property. Join Colleen Middleton, Northrop Realty and learn to make smart renovation decisions.

Travel Talks

Friday, December 17

1 pm

Join the group as they learn the inside tips on how best to navigate travel during



these uncertain times. Learn how to keep yourself and your travel dollars safe.

Officer Bill Kreitzer

Tuesday, December 21 at 10 am

Topic: Open Q & A Session

Howard County Police Officer William Kreitzer will be on-site to discuss current safety tips, scams, community safety concerns and fraud prevention. Be safe, be aware, be informed!

10 Things to Discuss with Your Doctor As You Age

Thursday, December 23

11 am

Jill Kamenetz, MAP specialist, will provide some tips and tricks that will help you as you thoughtfully plan for your journey ahead.

Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

INSTRUCTIONAL CLASSES

Chalking Class

Join the latest craze you saw the Chalking Demo last month, you know this class will be a hit! Purchase your supplies from the instructor on the day of class and turn them into a beautiful piece to display in your home or give as a holiday gift. Cindy Russell, Instructor.

Tuesday
11-12 pm
\$10 class fee
Supply fee due instructor day of class:
New students \$27
Returning students with chalk frame \$6

Beginner Watercolor Class

Ever thought about dabbling in watercolor? This class offers opportunities to learn the basics of watercolor. No previous experience necessary; you too can paint. Supply list provided upon registration. Mostafa Torabi, Instructor.

Thursday
January 6-February 3
February 17—March 17
1-3 pm
(A02501.601)
(A02501.602)
5 classes \$38

Intermediate Watercolor Class

Looking to take your watercolor skill to the next level? Build upon the basics learned in the beginner class to enhance your watercolor creations. Supply list provided upon registration. Mostafa Torabi, Instructor.

Friday
January 7-February 4
February 18-March 18
1-3 pm
(A02501.603)
(A02501.604)
5 classes \$38

Beginner Conversational Sign Language

Learning a new language is educational, fun and an interesting tool in communication. This 10 week class builds conversation in sign language. You will learn how to sign to communicate with the deaf community. Peggy Bruce, Instructor, possesses a

master's
degree in
Social Work
and is
fluent in
American
Sign
Language
(ASL)
since 1990.



Wednesday
10-11 am
10 classes \$74
January 12-March 16
(A02639.601)

Intermediate Conversational Sign Language

This class will build on skills learned in the Beginner class. Learn and utilize basic conversational sign language vocabulary, sentence structure, finger spelling and numbers. During class students will practice receptive and expressive skills.

Wednesday
11-12pm
10 classes for \$74
January 12-March 16
(A02639.602)

Registration for Winter classes opened Wednesday, December 1, 2021

Spring class registration will open on Friday, March 4. Save time-register on-line at:
<http://apm.activecommunities.com/howardcounty>

INSTRUCTIONAL CLASSES

Basic Bridge-Part One

This course is targeted to new players who want to learn basic bridge concepts. Students will be taught the aim of the game, partnerships, suite ranking, point count, quick tricks, opening bids and responses. They will also briefly look at playing some hands. Hand-outs will be provided. Mark Shimshak, ACBL Life Master. Instructor.

Monday
1-3 pm
4 classes \$43
No class: 1/17
January 3-31
(A02493.601)

Thursday
10 am-12 pm
4 classes \$43
February 10-March 3
(A02493.602)

Intermediate Bridge

This course follows Basic Bridge-Part 3. Students will learn when to open 2 No Trump and other strong bids as well as two common conventions-Stayman and Blackwood. Students will learn how to analyze all the bidding and opening lead to help plan the play of the hand. Signaling will be discussed and hand-outs will be provided. Mark Shimshak, ACBL Life Master. Instructor.



Thursday
10-12 pm
4 classes \$43
January 6-27
(A02496.601)

Mentored Bridge

This course is for those who already play bridge and have taken previous bridge lessons. Participants will bid and play hands and the instructor will discuss after the hand has been played what should have been bid and how the hand should have been played. Mark Shimshak, ACBL Life Master. Instructor.

Thursday
1-3 pm
4 classes \$43
January 6-27
(A02494.601)

Group Exercise
Quarterly Pass returns to
the 50+ Fitness Center!

See page 12 for details



Howard County 50+ Centers

Did you know that your 50+ Center membership is good at all of the six Howard County 50+ Centers listed below? Feel free to view each Center's newsletters on line at:

[https://
www.howardcountymd.gov/50pluscenters](https://www.howardcountymd.gov/50pluscenters)

to see the variety of programs and events held at each location. Acquaint yourself with how each Center accepts activity sign-up and start enjoying all the benefits of your 50+ Center membership.

Bain 50+ Ctr	Ellicott City 50+ Ctr
Elkridge 50+ Ctr	Glenwood 50+ Ctr
East Columbia 50+ Ctr	North Laurel 50+ Ctr

EXERCISE CLASSES

Balance “4” All

Join one of our most sought after offerings. This class combines a perfect blend of 4 components: balance, flexibility, posture and strength, which together add up to safe



and active living. Allison Harmon, Instructor.

Monday & Wednesday
10 am January 3-March 16
20 classes for \$106 (A02405.601)
No class: 1/17, 2/21

Chair Yoga

Experience the benefits of yoga with the security of a chair! Increase strength, flexibility and balance through standing and seated postures. Yoga helps to relieve tension and promotes an overall sense of well-being. Bring a non-slip mat to place under your chair. Susan Kain, Instructor.

Tuesday & Thursday
11:30 am January 4-March 17
22 classes for \$138 (A02421.601)

Functional Fitness

Take a class that gives you a work-out to be better prepared for real life situations. Train specific muscles to help you do every day activities safely and efficiently. Focus on stretching, balance, and muscle tone. Allison Harmon, Instructor.

Tuesday & Thursday
10 am January 4-March 17
22 classes for \$116 (A02425.601)

Better Balance

This is an effective program for those with chronic conditions impacting their balance or who feel unsteady on their feet. Those participants 60 years of age and older can contribute up to the full cost of the program to ensure program viability. Participants under age 60 pay the full fee listed below. Pre-screening is required by calling Malarie Burgess at 410-313-6073. No internet registration. Vickie Jacobs, Instructor.

Monday & Wednesday
2 pm January 3-March 16
20 classes for \$64 (A02413.601)
No class: 1/17, 2/21

Tai Chi

This class will introduce participants to the Chinese exercise forms of Tai Chi & Qi Gong. Easy to follow movements will improve body awareness, strengthen your joints and muscles and help you develop a state of mental quietness and relaxation. Charlie Toth, Instructor. *Class held in the 50+ Fitness Center*

Wednesday
1 pm January 5-March 16
11 classes for \$59 (A02430.601)

Intermediate Tai Chi

This class is designed to strengthen the Tai Chi learned in the introduction class. Class will include refinement of all the postures studied and will teach an additional set of postures. Must have successfully completed a full session of Tai Chi with this instructor. Charlie Toth, Instructor. *Class held in the 50+ Fitness Center*

Wednesday
11:30 am January 5-March 16
11 classes for \$59 (A02430.602)

GROUP EXERCISE QUARTERLY PASS CLASSES

Returning Monday, January 3 - Passes on Sale December 1

Group Exercise Quarterly Passes

\$75 for 3 Month Unlimited Class Pass OR \$8/Class Drop-In Fee

This pass allows you to participate in any or all of the 10 classes on the weekly Pass Class schedule listed below. Instructors show high and low options and teach to mid-level intensity. On-line registration is NOT available for the Quarterly Pass. Please sign up at the Center.

- ◆ These classes are designed for participants who are able to get up and down off the floor, are comfortable bending, twisting and can walk without assistance.
- ◆ Schedule subject to change due to instructor availability, participant demand or attendance.
- ◆ At this time, face coverings must be worn while in any HoCo government building.
- ◆ Center Doors will open at 8:15 am for 8:30 am classes.

Day/Time	8:30-9:30 am	10-11 am
Monday	All in One	Power
Tuesday	Gentle Yoga	Zumba Gold
Wednesday	Power	Pilates
Thursday	Gentle Yoga	Zumba Gold
Friday	All in One	Yoga Fusion

All in One - Get it all in, in one class! Take in all the elements of fitness in one class; a good cardio work-out, strength training, balance and flexibility. Bring a mat for floor work.

Gentle Yoga - Build strength through gentle yoga stretches and strengthening exercises. An additional component helps build bone density and range of motion. Class predominantly done on the floor. Mat required.

Pilates - Using the abdominal exercises of Joseph Pilates, re-awaken core muscles, breathe life back into the spine and return balance, stability and flexibility to your body. Bring a yoga mat to class.

Power - A great class to help retain or regain muscle tone. This strength training class includes a cardio warm up along with use of hand held weights to help improve body composition and increase lean muscle mass.

Yoga Fusion - Combined the stretching of yoga coupled with the core-building and strengthening of Pilates. Bring a mat to class.

Zumba Gold® - Turns exciting Latin and international rhythms into a fun, safe and effective format for the active older adult. It's an easy to follow program that lets you move to the beat at your own speed.

50+ FITNESS CENTER

The Ellicott City 50+ Fitness Center is available to help put you on the path to lifelong fitness. It can be found directly across the parking lot from the main 50+ Center building.

50+ Fitness Center Lobby Hours:

Monday thru Friday 8:30 am-4 pm
410-313-0727



- ◆ Participants must be 50 years of age and a member of a Howard County 50+ Center.
- ◆ Passes are established from the date of purchase.
- ◆ Refunds are not provided.
- ◆ Room key fobs must be returned to the front desk before you leave or a \$10 replacement fee will be charged.
- ◆ Equipment Orientation may be viewed at:

[EQUIPMENT VIDEO](#)

<https://www.youtube.com/watch?v=8KyvEPCNJZ8>

Fitness Equipment Room Schedule

Day	Available Time
Monday-Friday	Open: 8:30 am-4 pm

The Fitness Equipment Room is open for drop-in use during the open hours noted above. Please use gym courtesy and give everyone a chance to experience a good work-out. During busy hours, limit your time to 20 minutes on cardio equipment. If the equipment you would like to use is occupied, please make the current user(s) aware that you are waiting for them to finish. Please refrain taking calls while working out and wipe down equipment after use. Your cooperation is appreciated.



\$75/year County Resident
\$100/year Non-Resident
\$5/daily Drop-in Fee

This package is offered in collaboration with Recreation and Parks and provides more locations for your 50+ work-out. It includes unlimited use of fitness equipment rooms at:

Bain 50+ Center
5470 Ruth Keeton Way, Columbia 21044
Mon-Fri 8:30 am-4 pm
Elkridge 50+ Center
6540 Washington Blvd, Elkridge 21075
Mon-Fri 8:30 am-4 pm
Ellicott City 50+ Fitness Center
9411 Frederick Rd, Ellicott City 21042
Mon-Fri 8:30 am-4 pm
Gary J. Arthur Community Center
2400 Rte 97, Cooksville 21723
Mon-Sat 7 am-9 pm & Sun 9 am-6 pm
North Laurel Community Center
9411 Whiskey Bottom Rd, Laurel 20723
Mon-Sat 8 am-9 pm & Sun 9 am-6 pm
Roger Carter Community Center
3000 Milltowne Dr, Ellicott City 21043
Mon-Friday 6 am-10 pm
Sat 7 am-10 pm & Sun 7 am-9 pm

Personal Training

Looking for one-on-one inspiration or a work-out tailored to fit your needs? See a flier for complete details on this service.

Half hour session = \$45
Package of 4 Half hour sessions = \$160
Package of 8 Half hour sessions = \$299